

ARE THEY LYING TO US ABOUT:



MENTAL HEALTH?



OF COURSE THEY ARE

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TOPIC4: MENTAL HEALTH?

How watching a war could actly help with mental health crisis..

Learning Objectives

By the end of this lesson, you should be able to:

- Recognize anxiety, grief, and burnout as rational responses to systemic dysfunction
- Question the medicalization of exhaustion as a tool of capitalist control
- Understand how exposure to collective trauma can paradoxically restore meaning
- Identify micro-acts of healing as forms of political resistance

Key Q

Is burnout a personal disorder, or is it your body's sane refusal to serve an insane system?

Reading Passage

Mental health

Article [Talk](#)

From Wikipedia, the free encyclopedia

For mental disorders, see [Mental disorder](#).

Mental health encompasses [emotional](#), [psychological](#), and [social well-being](#), influencing [cognition](#), [perception](#), and [behavior](#).^[1] Mental health plays a crucial role in an individual's daily life when managing [stress](#), engaging with others, and contributing to life overall. According to the [World Health Organization \(WHO\)](#), it is a "state of well-being in which the individual realizes their abilities, can [cope](#) with the normal [stresses](#) of life, can [work](#) productively and fruitfully, and can contribute to their community".^[2] It likewise determines how an individual handles [stress](#), [interpersonal relationships](#), and [decision-making](#).^[3] Mental health includes subjective well-being, perceived [self-efficacy](#), [autonomy](#), [competence](#), intergenerational dependence, and [self-actualization](#) of one's [intellectual](#) and emotional potential, among others.^[4]



WIKIPEDIA
The Free Encyclopedia

Main Ideas

They medicalized exhaustion to keep us functional. What if burnout isn't a disorder but your body's sane refusal to serve an insane economy? Therapy becomes political when it teaches adaptation instead of questioning why the machine breaks you. When therapy costs more than rent, healing is a luxury product - and it doesn't even heal.

Watching collapse can break denial. Exposure to war strips away "good-vibes" capitalism to reveal its design. When you see people maintain spirit amid ruins, something shifts.

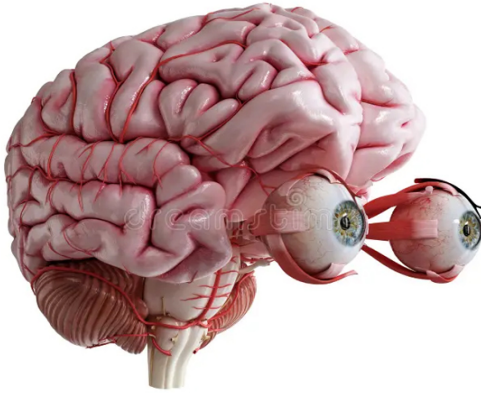
Your exhaustion isn't personal failure — it's a sane reaction to insanity. Witnessing collective trauma reminds us pain is real, but so is resilience and meaning beyond productivity.

Healing starts with refusal disguised as rest. Rearranging a room with care. Listening when your body say sth. These aren't wellness tips — they're micro-acts of reclaiming stolen time. Mental health can't be bought; it's the earth's call for balance. You're not broken. The system is.

Suggested task

Document Your downs: For one week, track moments when your body said "no" (fatigue, anxiety, inability to focus). Instead of pathologizing these moments, try to study them as data.

What was the system asking of you? What was your body protecting you from?

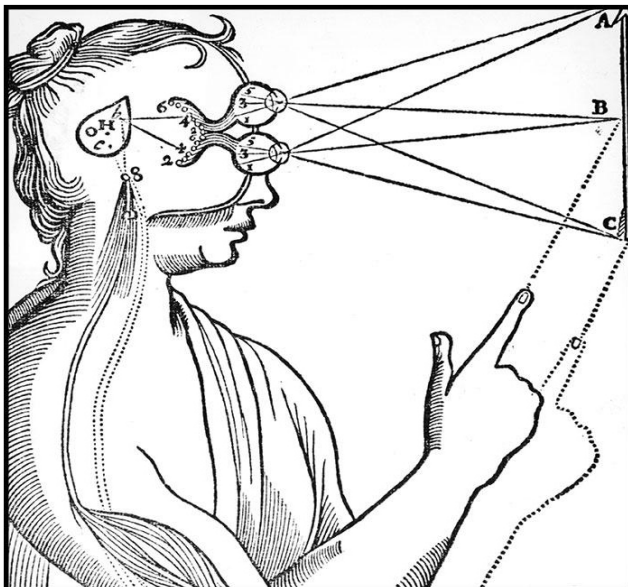


Thought Experiment

Do homeless people have social anxiety, or does social anxiety only exist when you have enough stability to worry about performance?

What if anxiety isn't a brain malfunction but a luxury symptom of having just enough safety to fear losing it?

How your eyes trick y-our mind



Q & A



Are they lying to us about mental health?

Yes. The system calls sanity “sickness” when the sickness is systemic.



I feel like everyone feel tired, anxious, burnt. Why?

Because our bodies refuse to serve an insane economy.



Is therapy political?

It becomes so when it teaches adaptation instead of change, and when it costs more than someone monthly income.



Does that mean going to a therapist is bad?

Not at all. Asking for help is good. But therapy is only part of the process — you do the work yourself. Therapists don't have all the answers. Even the best can't heal anyone completely.



How does exposure to pain relate?

It breaks denial. Watching collapse exposes the architecture of hidden oppression — stripping away the mask of “good-vibes” capitalism to reveal its true design.



So should we glorify pain?

Never. We must study it as evidence — proof that our reaction is sane.



Can watching war help my mental health?

It maybe could, by a strange logic — seeing death and loss reminds us of pain, but also of life. Watching people come together, still full of spirit, gathering and caring for each other, can bring back a sense of hope in some mystical way.





Are the mentally ill the most sane?

could be.



How can healing start?

Small acts with intention: rearranging room with thought, eating fresh food/ not-store food with patience, listening when your body says sth..



I'm doing that - but I still feel low, why?

It's not graph to be measured. You can do your best at the beginning of a day and still feel low by the end of it. That's normal. It means you're present, not stuck in the past > day beginning.



Why does "self-care" now feel performative sometimes?

Because media made it aesthetic. Real self-care is trying to hear urself. It's not mentored or scaled. The only refrance point is yourself.



Why I feel guilt?

Guilt is normal. Its the indectore that you feel something but you don't understand it. It's your brain/ body hunch. U can try transform it into meaning.



What's the point if nothing changes?

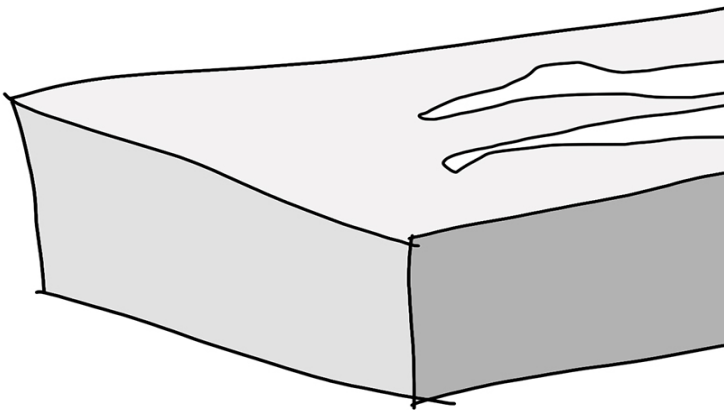
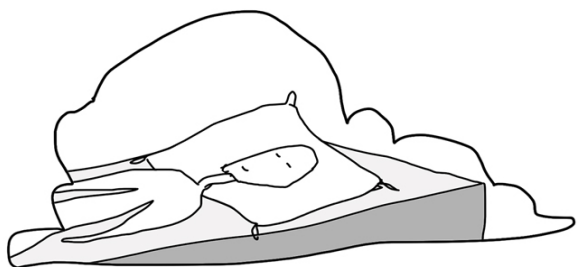
The point is making life a little softer for yourself and others. That's not nothing.



Is hope realistic?

Hope isn't about things getting better. It's about surviving until they might. (they might not..)

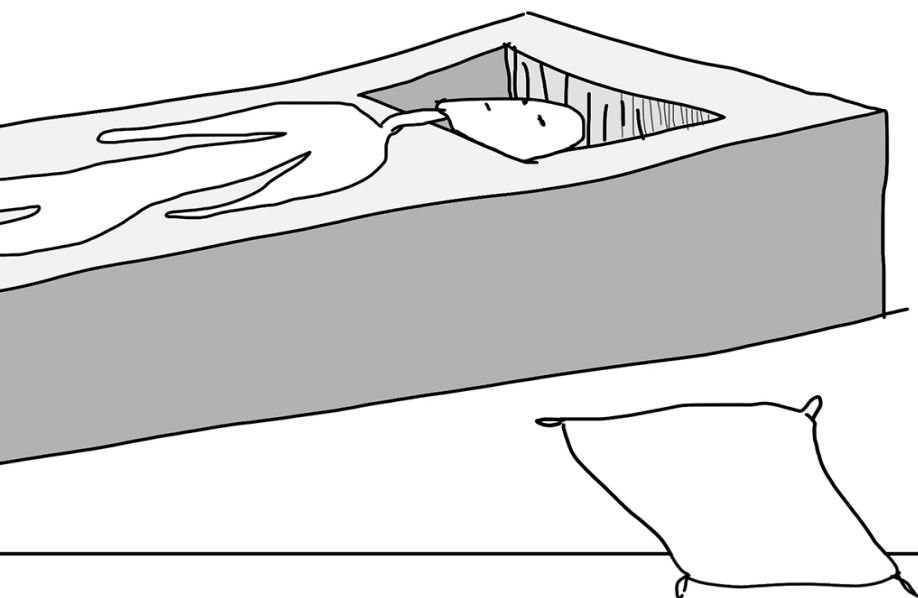




**They gave me this bed to sleep on.
Now my head hurt.**

**They gave me paracetamol for the headache,
but they couldn't do much about the broken neck.**

**I dream of a future where there will be
better beds for us—
people with broken necks.**



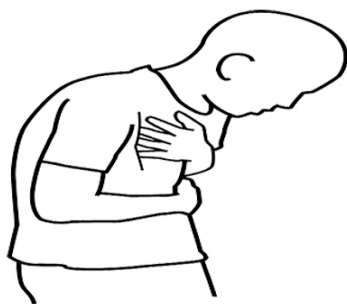
look what

done to r

capitalism

Fear has

my body





coping mechanisms

time

system

Your body's last protest: bu

family

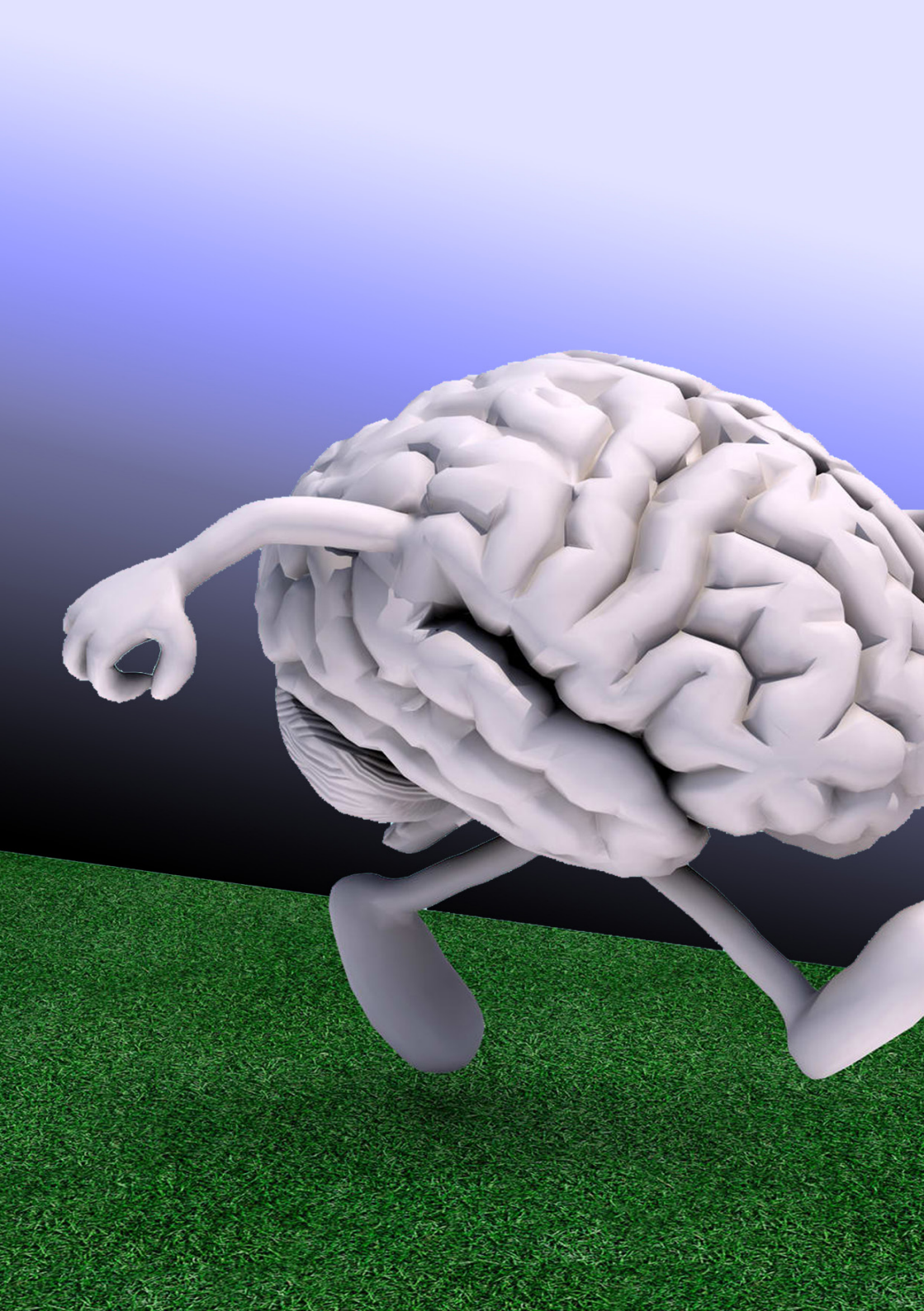
news

mental health specialists

friends

turnout





It is prob the Phone.

Exposure to information

But
Maybe...?
The
Only
Way
Out
Is
Through



*Every age thinks it's ending
Only later it learns — it was*

*I sleep in borrowed time
I wake in the wrong language.*

Mental health can
never
be bought or sold

u can't help the world until you help yourself

Therapy beco
when it costs mo



s beginning again

*We are very fortunate to be participating in this
renaissance period together*

*With that said, I'd also like to add you must be
very, very, very aware that fear destroys that
which is temporary*

*Anything that does not last as long as this
beautiful renaissance period was dominated and
ruled and governed by fear*

*See, art, our art, this art, the art surrounding you,
the art that you hear does something else, you see
It made fear into it's servant, praise God*

God is the greatest

Peace to the gods

Legend

- AA Rashid, Westside Gunn



omes political
ore than smn rent

Thinking Interlude

➤ Imagine watching footage of people maintaining community amid war, disaster, or occupation. Why does witnessing others' suffering sometimes clarify own pain? Is it because some context is visible while some is invisible? What does this reveal about how we're taught to understand mental health?

➤ Anxiety is a natural Instinct
Lose it all >>>> u stop being human
It's earth's call for balance
It's information from your body - decode - and it goes



“A group experience takes place on a lower level of consciousness than the experience of an individual. This is due to the fact that when people gather together to share one common emotion, the experience emerging from the group is below the level of the individual. If it is a very large group, the collective psyche will be more

animalistic, which is the reason why the ethical attitude of large organizations is always doubtful. The psychology of a large crowd inevitably sinks to the level of animal psychology. If, therefore, I have a so-called collective experience as a member of a group, it takes place on a lower level of consciousness than if I had the experience myself alone.”

— C.G. Jung, *The Archetypes and the Collective Unconscious*

*We are very fortunate
to be participating in
this renaissance period
together*

consciousness than
that, when many
a, the total psyche
individual psyche. If it
are like the psyche
organizations is
the level of mob
a member of a
ne experience by

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MAX FOR THE TRULY LEFTIST

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Rap Singing Time

*I bid you farewell, the end is the result and the results are
the evidence of one's ability
Ability has no end
We're the start know-how
We only know the nature of a thing when it gracefully
bows out and allows it's lessons to instruct the learned,
okay?*

*So, who can see forever on the clear day over here
Ha ha ha ha ha ha ha
Hey, and if I can't teach you nothing, I can't reach you,
you know*

*You know, you know
The revolution is water into wine, a tree to a house
Results, and very rarely do you ever see in history
revolutions reap the benefits for the revolutionaries, you
heard?*

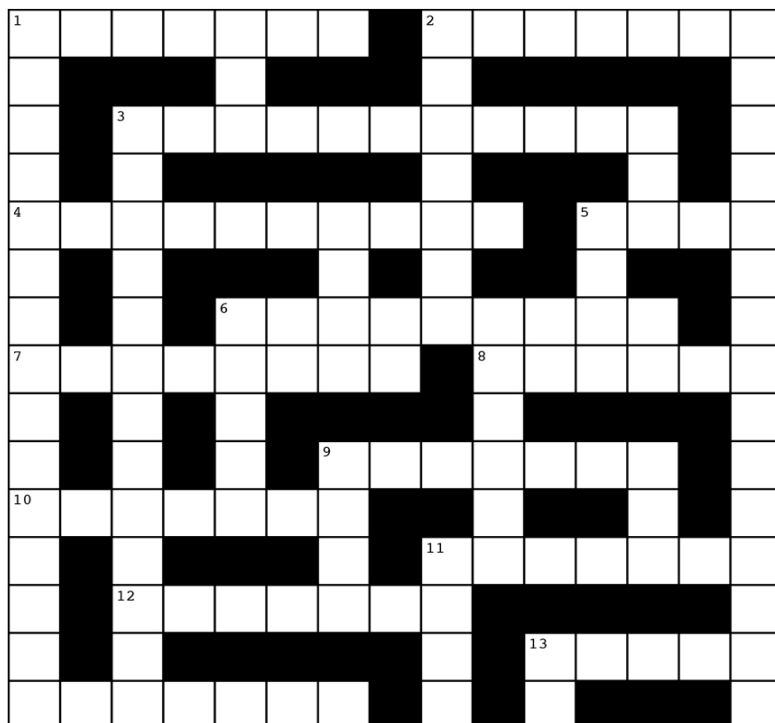
***You in a renaissance, act like you know
Peace and love, I hope you enjoyed***

- AA Rashid, Westside Gunn





Crossword Time



ACROSS

1. They medicalized this (10)
2. Political when costs > rent (7)
3. Body's sane _____ (8)
4. Watching this breaks denial (8)
5. Earth's call for balance (7,6)
6. Burnout is body's _____ (7)
7. Your reaction is _____ (4)

DOWN

2. System rewards this (9)
3. Everyone feels _____ (5)
4. Real illness is in _____ (6)
5. Collective _____ (6)
6. Healing starts with _____ (4)
7. The only way out (7)

ACROSS
1. EXHAUSTION
2. THERAPY
3. REFUSAL
4. COLLAPSE
5. MENTAL HEALTH
6. PROTEST
7. SANE
DOWN
2. OBEDIENCE
3. BURNOUT
4. SYSTEM
5. TRAUMA
6. REST
7. THROUGH

Exercises Time

1 Fill the void, then re-write the sentence:

Look what has done to my body.

.....

.....

.....

2 Joy Inventory:

Joy Inventory Track moments of genuine joy this week (not performed joy, not optimized joy). How many happened outside capitalist structures? How many cost nothing? How many involved other people?

1.	
2.	
3.	
4.	
5.	



<; Suggested Life Hack ;>
Take the cost of one therapy session. Give it to someone else (digitally or physically). Reflect on it in the next session.

You're in a renaissance –

Suggested Task

Mental Health Mantra

Choose a small object that makes you feel good — a tiny puppy, small chain — and attach it somewhere you'll encounter daily: on your bag, earring or necklace, belt, wallet, or keychain. The goal is to manifest your mental health physically, creating an "out of mind" physical reminder that anchors your well-being in the material world (beyond the digital > not-on-phone). Note: don't feel sad if it got stolen.

Summary / Self-Assessment

They medicalized exhaustion to keep ^{sclajchu} functional. Your burnout isn't a disorder — it's your body's sane refusal to serve an insane economy. Therapy becomes political when it teaches adaptation instead of rebellion. Wars and collapse paradoxically restore clarity by breaking denial. Healing isn't a product; it's refusal disguised as rest.

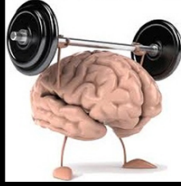
You're not broken. The system is.

act like you know

faith modifies velocity

You are now healed
to continue

Nature keeps trying



ed enough
working <:

from our pain we break the curse من وجعنا فك اللعنة
we put it in the shark jaw نخط تبعنا بفك القرش
in our community we gathered بمجتمعنا اجتمعنا
and we declared what we gave واعلنا ما اعطينا
love love fear fear I defend myself تحب الحب تخاف من الخوف نفسى تدافع عني

the world is changing

This series includes:

- Sustainability?
- Academia?
- Borders?
- Mental Health?
- Religion?
- Global South?

That
Joke
Isn't
Funny
Any
more
xd!!

YES
فجس

6 ZINES